

DT 10-Minute Detox Soup

Prep Time 20 mins
Total Time 45 mins

Meal Type Lunch,Side

Contributed By



Source Adapted from [Living Plate](#)

Servings 8



Ingredients

lb,c g,ml

- 1 large sweet onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 Tbs olive oil
- 1 Tbs curry powder
- 3 Tbs yellow miso paste
- 1 head cauliflower, *chopped* 2" pieces stems included
- 2 cup butternut squash, *cubed*
- 1/2 cup raw cashews
- 8 cup water
- 1 Tbs lemon olive oil optional
- salt

Directions

Prep

1. Chop onion, garlic & cauliflower.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant.
2. Add miso paste and stir to coat onions.
3. Add cauliflower, squash, cashews and water. Bring to a boil then reduce heat and simmer until cauliflower is soft, about 15-20 minutes. Add water if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to purée.
5. Purée soup in batches in blender - Tightly cover the blender as steam from soup could pop lid (we like to cover with a towel just to be sure!)
6. Season with salt and a drizzle of lemon oil to taste before serving.

Notes

*Chickpea or rice miso will work well too. Can't find miso paste in your supermarket? Swap in vegetable broth to replace water and miso paste as the base of the soup. This soup is a great way to use up leftover cooked frozen veggies. Make this soup even more convenient to make with frozen cauliflower and butternut squash.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "—" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 9.6g	14%	Total Carbohydrates 17g	5%
Calories 164 per serving	Saturated Fat 1.6null	8%	Dietary Fiber 4g	14%
	Trans Fat N/A		Total Sugars 5g	
	Cholesterol 0mg	0%	Protein 5g	
	Sodium 276mg	12%		
	Vitamin D 0mcg 0% · Calcium 63mg 6% · Iron 2mg 10% · Potassium 503mg 10%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -